

Mental Health: A Need for Army Personnel

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I. Introduction:

No human being is exempted from stress. Stress causes a number of biological changes and is intended to activate the body's fuel reserves. The soldiers are no exception except that they are comparatively in an ideal stress breeding environment due to frequent and large number of uncertainties/ changes vis-à-vis civilian counterparts with similar service conditions. There were as many as 635 cases of suicide including attempted suicides and 67 cases of fratricidal killings in the three services of Armed Forces during the years 2003 to 2007. These statistics also indicate that Army was worst affected by this malady in terms of number of cases of suicides and fratricides in each of the year during three years period. The statistics are chilling. According to Ministry of Defence, every third day a soldier is killing himself, at a rate higher than the toll taken by the militants. From 2007 to May 2010, 208 soldiers lost their lives in actions against militants while 368 soldiers killed themselves during this period. Another 15 to 30 soldiers try to kill themselves every year, but fail. This alarming trend of suicides and fratricidal killings in the Armed Forces during the recent past is attributable to enhanced stress environment leading to psychological imbalance in the soldiers. The 31 Parliamentary Standing Committee on Defence have been informed by the Ministry of Defence that seven studies on issues related to stress management have been conducted by the Army since 2005 besides an internal study the Indian Air Force on suicides reported during the period 2002-2007.

II. Self Concept:

A person's perception of themselves is shaped by how others see them. The self is the central construct in this theory. It is based largely on life experiences, social evaluation and the attitude of the individual's significant other. If the individual experiences conditional positive regard from their parents, the individual develops their parent's values and conditions of worth. If self-concept is based on the values of the significant other this can give rise to incongruence between self and experience.

Self-concept and conditions of worth are linked together and are important. They are guidelines as to how people behave towards others because people value their opinion of themselves above their own. This affects their decision making and can result in them doing things to please others rather than satisfying their own needs. Conditions of worth reduce people's self-confidence, trust in their own feelings and can affect their potential towards self-actualisation (Rogers 1986).

Baumeister (1999) defines: Self concept as "The individual's belief about himself or herself, including the person's attributes and who and what the self is."

Rogers defined the same "the organized, consistent set of perceptions and beliefs about oneself."

Lowe defines self concept : "One's attitude towards self."

III. Emotional Intelligence:

Emotional intelligence (EI) is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s). Although the term first appeared in a 1964 paper by Michael Beldoch, it gained popularity in the 1995 book by that title, written by the author, and science journalist Daniel Goleman.

Mayer and Salovey (1993) have defined emotional intelligence as the ability to monitor one's own and others feelings and emotions to discriminate among them and to use this information to guide one's thinking and actions.

Cooper and Sawaf (1997) define emotional intelligence as the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence.

IV. Objectives :

- 1) To study self concept of the Army personnel.
- 2) To study emotional intelligence of the army personnel.
- 3) To correlate self concept and emotional intelligence of the army personnel.

V. Statement Of The Problem:

To measure and correlate the self concept and emotional intelligence of the Army personnel.

Review of literature:

A.A. Pawar conducted study on Stigma of mental illness: A study in the Indian Armed Forces. The aim of the research is to measure stigma perceived by patients and caregivers of the mentally ill and to assess stigma regarding the mentally ill patients and their caregivers, in the general population. A cross sectional survey of patients (302), their caregivers (98), and members of the general population (102) who had no relatives suffering from mental illness was done. Study has brought out the high levels of stigma faced by the patients and their caregivers. High levels of stigma observed are a barrier to care.

Deepa Gupta conducted a study of self-concept and level of aspiration of front-benchers and back-benchers. The main objective of this study is collecting the facts about the self-concept and the level of aspiration of the Front Benchers and Back Benchers. Sample size is N=100. The significant differences were found between the Self-concept of the Front Benchers and the Back Benchers as well as the Level of Aspiration.

Kelly A. Hudson studied Emotional Intelligence and Self-Efficacy in Military Leaders. This quantitative study was conducted for the purpose of determining the relationship between emotional intelligence and self-efficacy in military leaders. The findings from this research illustrate that there is a relationship between the leaders' emotional intelligence and self-efficacy.

Lolita M. Burrell (2006) studied The Impact of Military Lifestyle Demands on Well-Being, Army, and Family Outcomes. Adopting M. Segal's framework, researchers focused on examining four military lifestyle demands—(1) risk of service member injury or death, (2) frequent relocations, (3) periodic separations, and (4) foreign residence—and their relationships to psychological and physical well-being, satisfaction with the Army, and marital satisfaction. Sample size i.e. N=346. The results further indicated that perceptions of moving and separations were more important in determining outcomes than were the actual number of moves or separations.

Torill Holth studied Self-awareness in Military Officers with a High Degree of Developmental Leadership. The aim to investigate the degree of self-awareness regarding military cadets' leadership behaviour and how this was correlated with others perceptions of the same leadership behaviour. Sample size is N=26. In the scores the cadets gave themselves they scored quite high on developmental leadership and on the positive sides of transactional leadership, and quite low on the negative sides of transactional leadership and on non-leadership; one may conclude that they have a high degree of self-awareness.

VI. Methodology:

Design: For the present study titled: Mental Health: A need for army personnel within group design is used.

Research Variables:

Self concept, emotional intelligence

Army personnel.

Operational Definitions:

Self concept: The score obtained on the self concept checklist cum rating scale (developed by Dr. R.K. Saraswat) will be considered as score on self concept.

Emotional intelligence: The score obtained on emotional intelligence scale (developed by Anukool Hyde, Sanjyot Pethe, Upider Dhar) will be considered as score on emotional intelligence.

VII. Hypotheses:

- 1) There is a positive relationship between social self and level of emotional intelligence.
- 2) There is a significant relationship between real self and emotional intelligence.

Tools:

Self concept:

The self concept checklist cum rating scale developed by Dr. R.K. Saraswat. Present test has 58 items. The reliability of the test is found to be 0.83. The content and construct validity checklist has been established on the basis of judgement by the experts in the area of psychology, guidance and counselling.

Emotional Intelligence Scale:

Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upider Dhar is a self administered questionnaire. It has 34 items scored with 5 point rating scale. Reliability of the test is 0.88. Validity of the test is found to be 0.93.

Sampling table:

Category	N	Age Group

Army personnel	35	25-30 years
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Purposive sampling method is used for the collection of the present sample. Collected sample belong with Army service for minimum 2 to 5 years. Apart from this no other inclusion criteria has been decided by the researcher.

VIII. Statistical Analysis:

Collected data was analysed with computation of mean, S.D. and 'r'.

IX. Results and Discussion:

Above collected sample and its results related with correlation are shown as follows.

Table 1: Mean, SD and 'r' value for real self and emotional intelligence

N	Mean	SD	r
30	143.28	27.87	*0.66
30	142.42	26.75	

Table 2: Mean, SD and 'r' value for social self and emotional intelligence

N	Mean	SD	r
30	145.2	30.22	*0.29
30	142.42	26.75	

Both the tables showing the results between social self and real self with correlation to the emotional intelligence reveals that there is a significant relationship between the self-concept and emotional intelligence. It means the chosen variable itself confirms the association between how aware any individual about one's self and how he can understand and manage one's and others emotions in personal as well as professional life. As the collected sample belong with very tough job, they are dealing commonly with emergency situations and also trying their best to act according to their high self-concept and understanding about oneself. The values are proven significant and so the hypotheses were accepted, though the relation between social self and emotional intelligence is comparatively showing moderate level of correlation. After reviewing the data and earlier studies the researcher can confirm that army personnel were quite aware about one and how they can fulfil their responsibilities and work outcomes in a suitable manner.

X. Conclusion:

1. Real self and emotional intelligence are strongly and positively related.
2. Social self and emotional intelligence are moderately related.

Limitations and suggestions:

Present study was conducted at one army set up. The study can be done in wider geographical location and for various cadres in this professional set up.

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